

Appendix A. Percentage of parent groups (n=9) and youth groups (n=12) in which at least one participant reported central themes.

		Parent Groups	Youth Groups
<i>Topic 1: Perceptions of healthful foods or dietary patterns</i>			
General description	Increasing fruit, vegetable, whole grain intake	100%	100%
	Increasing protein intake	100%	58%
	Increasing dairy/milk intake	78%	50%
	Decreasing intake of fat, fast food, sugar-sweetened foods	100%	100%
	Decreasing intake of processed foods	78%	83%
	Eating appropriate portion sizes	67%	17%
	Limiting salt intake	22%	17%
	Foods that lead to less postprandial hyperglycemia	78%	67%
	Sugar-free foods	78%	42%
	Consuming appropriate portion sizes	67%	33%
Diabetes-specific description	Foods with higher fiber content	67%	50%
	Foods whose carbohydrate content is easier to estimate	56%	42%
Misconceptions			
Carbohydrates	Need to limit fruit servings	56%	17%
	Refined grains are more healthful than whole grains*	16%	80%
Fiber	Fiber helps absorb nutrients	11%	0%
	Need to decrease fiber intake	0%	8%
	Fiber gives you energy	0%	8%
Fats	Trans fat is healthful	0%	8%
<i>Topic 2: Impact of diabetes management on diet</i>			
Flexible insulin regimen	More flexibility in meal planning	100%	50%
	Less restricted diet may facilitate unhealthy eating patterns	56%	17%
	Less restricted diet may increase opportunity for unhealthful food choices	44%	25%
Fixed insulin regimen	Increased snacking to prevent hypoglycemia	89%	17%
	Limits freedom to eat around activities and/or to current appetite	78%	0%
	Set meal schedule is easier to implement than more flexible schedule	11%	8%

*Percentage based on parent (n=6) and youth (n=5) groups asked about refined grains

Appendix B. Quotes from focus group participants illustrating central themes.

Topic 1: Perceptions of healthful foods or dietary patterns

General description	Youth: Anything that's kind of on the food pyramid.
Diabetes-specific description	<p>Youth: When I eat healthy, my blood sugar is normal and good, and then when I don't really eat healthy and I eat more of like the sugary stuff, my blood sugar goes really high and then it drops really fast.</p> <p>Youth: I'd say with healthier eating, blood sugar levels are more even.</p> <p>Youth: Well, [unhealthy eating] could like cause your blood sugar to be like—different waves, and you won't like feel very good.</p> <p>Youth: [Eating healthful] is more difficult. Especially like counting carbs like if you buy fruit or some natural stuff, the serving size is more questionable, where if you get it in a package, you kind of open the package, and it tells you how many carbs are in it.</p> <p>Parent: It all comes back to what's on that glucometer, just really. If that number's good, then whatever we have [to eat] in the house is good.</p> <p>Parent: I would say [unhealthy eating] is anything he's unable to accurately count the carbs on, and bolus [insulin for].</p> <p>Parent: But you can't give [your child with diabetes] that much fruit because the fruit will bring their blood sugars up. Like she could never have grapes, so I just don't bring grapes into the house.</p> <p>Parent: [My daughter] loves watermelon, even though it has a lot of sugar...I feel bad for telling her, no, not to eat. She's like, "Everyone wants me to eat healthy, but when I try to eat a fruit or something like that...I can't eat it." She gets frustrated a lot with stuff like that.</p> <p>Parent: If I make [eating salad] not easy by having the beans in the salad, which would be my preference, but if [my son] has to take pause and try to wonder how much he's got to cover for it, it defeats the purpose of the ease of salad...it's not offered up as easily as it used to be [before the diagnosis of diabetes].</p>

Appendix B (continued). Quotes from focus group participants illustrating central themes.

Topic 2: Impact of diabetes management on diet

Flexible insulin regimen	<p>Parent: [Before using flexible insulin therapy] our lives were much more ruled by food. And so for us back then, it was really very different than it is now. Now I think we are very probably normal.</p> <p>Parent: I do like carb counting better, but it still leaves them more of a chance to just graze and eat, and not cover [the carbo hydrates with insulin].</p> <p>Parent: The pump gives you freedom to choose, and I think freedom to choose, and I mean it—freedom to choose makes you do worse, in my opinion.</p> <p>Parent: [Insulin pump therapy] is a double-edged sword.</p> <p>Parent: [My son] always wanted to [eat snacks] even before he had diabetes, and we were like, “No, that’s too much junk.” Now, we pretty much just let him eat whatever he wants. I just correct his blood sugar.</p> <p>Parent: For the most part she gets salad. The less shots she can take the better, so she’ll eat pretty healthy. Low carb, so she doesn’t have to take shots.</p>
Fixed insulin regimen	<p>Parent: Instead of giving me freedom, I needed it written down...I do much better with someone telling me, someone telling my daughter, “This is what you can have,” versus that open choice stuff.</p> <p>Parent: I think before my son was diagnosed with diabetes, we ate a lot healthier. I feel once he was diagnosed, we were chasing the insulin...I’m like, “Where am I going to get carbs?” And someone said just throw bread at him—like at every meal I put bread or potato or rice.</p>
